

COMPARISON OF MENU PLANNING OPTIONS

	Traditional Meal Pattern Option 4 components/5 Food Items	Enhanced Food Based Option 4 Components/5 Food Items	MuMenus (NSMP), Assisted NuMenus 3 menu Items
Meal Pattern	Plan is based on various grade groupings (see USDA menu Planner).	Plan is based on either K-3, K-6, and/or 7-12.	Specific nutrient standards must be met according to age/grade group of school. Plan must at least include entrée, sides and milk.
Meal Items	Only the menu items meeting the meal pattern count toward meeting the pattern. Desserts and extras do not count.	Only meal components count toward meeting the meal pattern. However, one bread item may be a dessert. Condiments do not count.	All food used in the meal are considered for nutrient value. Foods of minimal nutrient value do not count unless they are part of another food item
Meat/Meat Alternate	2 ounces meat/meat alternate	2 ounces of meat/meat alternate	No requirement
Fruits/Vegetables	¾ cup offering of two different fruits and/or vegetables	¾ cup of two different fruits and/or vegetables; K-6 additional ½ cup per week; 7-12 a 1 cup offering of two different fruits and/or vegetables required.	No requirement
Grains/Breads (name change from Bread/Bread Alternate)	8 servings per week of bread/bread alternate – minimum of one per day.	12 servings of Grains/Breads per week for K-6, minimum of one per day; 15 servings per week for 7-12. One grain/bread per day may be dessert.	No requirement
Milk	8 oz. Fluid milk. Must be offer unflavored, lowfat milk and whole milk. Any milk type representing 1% or less of total milk purchases need not be offered.	8 oz. Fluid milk. Must be offer unflavored, lowfat milk and whole milk. Any milk type representing 1% or less of total milk purchases need not be offered.	Fluid milk required (no serving size required). Must offer unflavored, lowfat milk and whole milk. Any milk type representing 1% or less of total milk purchases need not be offered.
Offer Versus Serve	May decline up to 2 food items. May decline any component.	May decline up to 2 food items. May decline any component.	Must plan minimum of 3 items, but must take at least 2, of which 1 must be the entrée. If more than 3 items are planned, the student may refuse only up to 2 items.
CRE Review Criteria	Meets the requirement if all of the meal components in the correct quantities are offered daily (weekly for bread) and at least 3 food items are served to each student for each meal.	Same as current meal pattern, plus nutrient analysis of a week's menus conducted by state agency shows a "good faith" effort to meet Dietary Guidelines/Nutrient Standards.	Must plan minimum of 3 items, but must take at least 2, of which 1 must be the entrée. If more than 3 items are planned, the student may refuse only up to 2 items.

